



Serves: 4

Bruschetta Magherita

Ingredients

- Multigrain bread 8 slices
- Fresh tomatoes 3
- Extra virgin olive oil 1 tbsp
- Reduced fat cheese, cut into half 4 slices

Tips:

- Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
- Plant-based foods such as whole grains (for example, brown rice, wholemeal bread and oats), vegetables, fruits and beans are rich in fibre, which promotes the feeling of fullness and also helps control your blood sugar.

Method

- Cut tomatoes into small cubes and season with olive oil.
- Sprinkle the tomato cubes on the sliced bread and then cover each with half a cheese slice.
- Bake for 5 minutes in the oven at 200°C until the cheese has melted.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 260kcal
Protein 13g
Total fat (g and % of total calories)
2.9g (29.3%)
Saturated fat 3g
Cholesterol 8mg
Carbohydrate 33g
Dietary Fibre 4.5g
Sodium 361mg